



Staying Fit: The Ultimate Rightsizing

SHAPE Info

It's time to get into SHAPE!
Sponsored by SHAPE / Navy Wellness

Mar / Apr 06
Page 1/2

SHAPE's Army / Air Force

-vs-

Navy / Marine Corps Basketball Challenge

On Thursday, 16 Mar 06, at 1530, SHAPE will host our ninth annual SHAPE / Navy Wellness Basketball Challenge at the UCF Educational Gym.

Encourage all center employees to attend and cheer for your favorite team!

Employees interested in joining a team, contact the respective team lead. Army / Air Force team leader: Tony Tolbert 407-384-5308; Navy / Marine team leader: Blake Shackelford 407-380-4604

SHAPE's Campaign 06

Campaign 06 is designed to motivate employees to participate in a recommended exercise program. All participants are required to complete an Health Risk Appraisal in March 06 prior to beginning their official approved exercise program. If you are interested in joining our Campaign 06 program, send an email to "shape@peostri.army.mil" All employees, family members and contractors are welcome to join, but would need to pay the \$20 program fee. For first time PEO STRI employees this fee will be paid by PEO STRI.

Campaign details are located at: http://www.peostri.army.mil/TEAM_ORLANDO/SHAPE/shape2.jsp#shape_campaign_99_program



SHAPE / Navy Wellness Boot Camp: On 31 Jan 06, Cindy Hughes lead our Boot Camp, which are held Monday, Tuesday and Thursday at 1630-1730. Cindy arrives early to sign up new participants. The class format is different from the regular "Aerobics group class". Cindy will not be conducting the class where the instructor is in front and everyone is following her. Each participant will be exercising at their own pace.

Eliminate

Low Back Pain!!

SHAPE will sponsor a Eliminate Low Back Pain Luncheon on 8 Mar 06, 1130-1200, Multi-Purpose Room. The Seminar instructor is Dr. Eric Janowitz, Oviedo Family Chiropractic.

- (1) Does your back "go out" more than you do?
- (2) Learn how to correct the cause of back pain without drugs or surgery.
- (3) This could change your life!

To register for this free seminar send your name, organization, and phone number to shape@peostri.army.mil You may have family members attend; a Security Visit Request is required for your family member.

SHAPE Ideas contact:

Gary Ashland	407-384-3945
Linda Yeakle	407-384-5102
Lorraine Tuliano	407-380-8683
Annie Lopez	407-380-8475
MSgt Jim Darity	407-208-5732

NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department of the Army or the Department of Defense.



Staying Fit: The Ultimate Rightsizing

SHAPE Info

It's time to get into SHAPE!
Sponsored by SHAPE / Navy Wellness

Mar / Apr 06
Page 2/2



2005 Team Orlando Corporate Run Team: Members of the team represent PEO STRI / NAVAIR / Marines / AFAMS / Family.

ATTENTION RUNNERS, JOGGERS, WALKERS!

Team Orlando is formulating teams to participate in the annual Corporate Run series held in downtown Orlando. The run is 5K (3.1 miles) in length and takes place on Thursday, 20 April 06 @ 6:45 p.m. The Corporate Run series has grown tremendously over the past few years, which has recorded more than 5000 participants and continues to grow. All participants are encouraged, including joggers and walkers.

There are 20 overall divisions of which PEO STRI / NAVAIR /

Marines / AFAMS teams will compete in the Government teams division. In 2005, Team Orlando placed in every category and received several awards. Participants can get in on the race competition or just have fun with your co-workers, further your physical fitness, and promote camaraderie among the workforce.

To enter, please contact the organizers listed below and look for information on the unofficial bulletin board. Entry fee is \$17 if paid by 7 April. After 7 April, the entry fee is \$20. There are pre-race activities, post race party,

commemorative race T-shirts to all entrants, and complimentary team photos taken at the race site.

Spouses, family members and friends are also allowed and encouraged to participate. All runners and walkers should turn their registration form and entry fee into their respective team captain by April 7.

PEO STRI Team Captains:

Jovanna Nelson ... 407-384-5158

Karin Hock..... 407-384-5239

Navy / Marine Team Captain:

Jay Worth407-380-4840

AFAMS Team Captain:

MSgt Jim Darity ...407-208-5732